

Stroke

What is a stroke?

A stroke is an interruption (pause) of the blood supply to any part of the brain. A stroke is sometimes called a “Brain Attack”. There are two kinds of stroke. The most common kind of stroke is called ischemic stroke.

- An ischemic stroke is caused by a blood clot that blocks or plugs a blood vessel in the brain.
- The other kind of stroke is called hemorrhagic stroke. A hemorrhagic stroke is caused by a blood vessel that breaks and bleeds into the brain.

How can a disaster affect my health if I have suffered a stroke?

For many people, 3-6 months after a stroke is an important time for recovery. If you are recovering, it is important that therapy does not stop. This may be hard to do in an emergency.

Therapies such as repositioning (moving) and range-of-motion exercises can help prevent problems related to stroke, such as infection and bedsores. Try to stay as active as possible.

Which special tips should I remember if I have suffered from a Stroke?

Along with the [emergency kit](#) and [emergency plan](#) remember the following important tips:

- If you go to a certain place for your therapy, set up a second place you can go to in case of a disaster.
- If you get therapy at home, make plans with the agency to have them come to your new location (family or friend's home).
 - If they cannot go to your out-of-town location, ask them to help you set up therapy services in that area.